



Rainbow Warriors
get Army strong. See p. B-5.
Happy 4th of July!
See weekend events on p. B-1

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Photo by Air Force Staff Sgt. Christopher Hubenthal, Defense Media Activity-Forward Center Hawaii
SCHOFIELD BARRACKS — Soldiers rappel from an UH-60 Black Hawk as part of the 25th Infantry Division Lightning Academy's Air Assault School, June 23. See p. A-4.

Leaders hold worldwide IMCOM VTC town hall

JADE FULCE

Installation Management Command
Public Affairs

FORT SAM HOUSTON — The U.S. Army Installation Management Command hosted a worldwide town hall with Under Secretary of the Army Patrick Murphy via teleconference, Tuesday.

More than 70 garrisons, including U.S. Army Garrison-Hawaii, connected to the town hall and employees were able to stream it live online. In his opening remarks, Lt. Gen. Kenneth Dahl, commander, IMCOM, said he asked Murphy to speak directly to the 58,000 civilians in the IMCOM workforce about transformations in the Army during an office call about a month ago.

"It was great for me to hear it," Dahl said to the worldwide audience. "But you really need to hear it and you need to hear it from your senior civilian leadership."

Wherever possible, IMCOM lead-



Murphy

ers invited Soldiers and civilians to gather in theaters and conference rooms to participate. Where that wasn't available a live stream was provided so employees could watch from their desks. Locally, IMCOM employees at the Schofield Barracks Post Conference Room attended the teleconference.

"I want to talk to the Army team," said Murphy. "The Army team is 1.3 million strong with 1 million Soldiers and 300,000 civilians. We are one team, one fight ... My job is to fight for the Army."

Murphy emphasized the Army's number one priority is readiness, which meant being ready to fight tonight.

"We have to be ready to go," he said "That readiness is at an individual level, installation level and Army as an institution. We are all part of that readiness."

Murphy also said the Army has to do more with less. The Army has \$100 billion less than it did five years ago, so every dollar counts. He stressed everyone has to make sure we are not wasting that money.

Murphy also said that IMCOM is a true partner in what the Army is trying to do and appreciates what we do for the Army Team.

Following his comments, employees had an opportunity to ask questions and learn what the leadership is planning for the Army's future. Question topics included transformation, Soldier for Life, public/private partnerships and telling the Army's story.

He encouraged everyone to follow him on social media and to connect with the American public through it.

"We have to do a better job of telling the Army story," said Murphy. "Every single one of us is a recruiting officer. We should be asking ourselves what we are doing to talk about the Army to our sons and daughters, our nieces and nephews."

Murphy ended the town hall by thanking the workforce for everything that they do.

IMCOM employee Alfreda Arnold thought that it was "a wonderful thing" that Murphy was able to take time out of his schedule and bring some light to the issues that are going on with the Army.

Melissa Sturgeon, the IMCOM deputy director for operations, said it was great seeing and hearing Murphy on the teleconference because it demonstrated his passion for the Army.

"It is nice to see that level of enthusiasm and that energy applied to leading the Army," said Sturgeon. "That make us more excited to do our job and it was obvious that he values our command."

Pacific Reserve, Guard troops wrap up Imua Dawn 2016

Story and photo by

STAFF SGT. CHANELCHERIE DEMELLO
303rd Maneuver Enhancement Brigade
9th Mission Support Command Public Affairs

KANAGAWA, Japan — Reserve and Guard Soldiers of the U.S. Pacific Command concluded operations and training of Exercise Imua Dawn 2016 at Sagami-hara Depot, here, June 25.

Pioneered by the 303rd Maneuver Enhancement Brigade, 9th Mission Support Command, Imua Dawn is a command post exercise that was designed for MEB's. Focused on PACOM and U.S. Army Pacific Command forces, brigade and battalion level elements are challenged to perform a variety of critical collective tasks during different phases of the exercise.

Rapidly moving into its second iteration, Imua Dawn has transpired into a valuable exercise.

"We expanded our mission command, control and communication to humanitarian assistance and disaster relief and noncombatant evacuation operations," Col. Joseph A. Ricciardi, commander, 303rd MEB, said.

Imua Dawn 2016 was divided into two phases providing opportunities for U.S. and Japan Ground Self-Defense Force service members to train for potential real world events, better preparing them in supporting regional populations.

"We interacted with the JGSDF service members throughout the beginning



303rd MEB Soldiers break down the Headquarters and Headquarters Company's deployable rapid assembly shelter as they conclude exercise Imua Dawn 2016 at Sagami-hara Depot, Japan, June 25.

phases of our operation," said Ricciardi. "Their force was especially engaged and exercised right alongside of their U.S. Army Reserve counterparts."

"The expectation was to instill confidence in leaders and Soldiers at all levels," said Lt. Col. Frank E. Hopkins, deputy commander, 303rd MEB.

Sgt. Jeankey M. Ichiyama, culinary specialist, 303rd MEB, said the exercise provided a chance for her to be more en-

gaged as a leader, as well as interactive with local contractors, working together to prepare breakfast, lunch and dinner for more than 345 personnel.

"This exercise has shown me the applications of my military specialty occupation and how it plays into being in a brigade support battalion," explained Sgt. Ryan D. Sandberg, intelligence analyst, 63rd Bde. Support Battalion.

Participating units were provided the

opportunity to operate and maneuver in a multi-functional, multi-echelon environment across live, virtual, constructive and gaming domains to achieve their commanders training objectives, while receiving practical scenarios, support and external evaluation by observer-controller-trainers.

"The exercise expanded my technical proficiency and enhanced my experience compared to last year as I was provided more hands on training," says 1st Lt. Cezar O. Papa, brigade strength manager, 303rd MEB.

"Having our equipment allowed us to troubleshoot any failures and maintain mission readiness," Spc. Asena N. Scott, signal support specialist, 829th Signal Company, said.

"This exercise is a 360-degree assessment of our strengths, weaknesses, capabilities and force packages we bring to the maneuver battle space," stated Ricciardi.

Training together, the U.S. military and JGSDF can further develop tactics, techniques, and procedures that are mutually beneficial and specific to force training requirements and regional needs.

Rcciardi and Hopkins said they look forward to the opportunities ahead and hope to continue working with JGSDF in future exercises to further strengthen their organizations that makes them more effective when operating in the PACOM area of operations.

2-35th 'Cacti' Soldier renders lifesaving aid to injured civilian

STAFF SGT. ARMANDO R. LIMON

3rd Brigade Combat Team Public Affairs
25th Infantry Division

KAILUA — Sgt. Bruce Bea walked to the top of Lanikai Pillbox Trail on Kaiwa Ridge to view the morning sunrise on the windward side of Oahu, June 4. Instead, he found himself rendering lifesaving aid to an unidentified 19-year-old female.

Bea, a senior line medic assigned to 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, took immediate charge of the situation and climbed down the rocky slope to provide emergency medical assistance.

After Bea trekked more than 500 feet on the unimproved, rocky trail to the pre-World War II fire control stations that overlook the windward town of Kailua, he saw a woman lying about five feet from



Bea

slope.

"She was on the ground unconscious and convulsing a little bit," he said. "I was holding head stabilization just in case she had a spinal injury."

He recognized the woman had a severe injury and was in an awkward position, and did his best to keep her steady

while emergency medical services were contacted.

"I was talking to her while still holding the cervical spine, making sure she could hear even though she's unconscious," he said. "I was asking, 'Can you hear me? Can you squeeze my finger?'"

She regained consciousness, allowing Bea to continue asking questions to check if she had a spinal injury.

Ten minutes later, a physician arrived, asking questions to the female and ordered those who were nearby to stand above her to provide shade to keep her from overheating.

Paramedics later arrived to the scene to provide care, relieving Bea and the physician.

A helicopter-based emergency medical service was called to hoist the female

from the slopes to be brought down on the adjacent Lanikai Park where she was then delivered to a trauma center.

Bea attributed his ability to provide aid from his military training as a medic and the training given to combat life savers (CLS).

"The basic things we even teach to our CLS guys is there wasn't any bleeding," he said. "I didn't see any bleeding to control. Also, I was concerned on keeping her breathing and to ensure she wasn't moved to prevent spinal injury."

Demonstrating the best of Army Values, Bea expressed unquestioning certainty to render emergency medical aid to anyone in need.

"I saw her on the ground," he said. "I was like, I got to help. It's an obligation to do so as a Soldier."



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Smart choices can make for a safe 4th

On Monday, July 4, we celebrate the 240th anniversary of the founding of the United States. It is a time for us to celebrate our freedom and independence, and to reflect on the individual liberties that the founding fathers fought for — life, liberty and the pursuit of happiness.

The Fourth of July is going to be celebrated, Sunday and Monday, with food, concerts and fireworks at Schofield Barracks. It's a great way to enjoy America's birthday in a safe and secure environment.

Part of that life, liberty and happiness comes from how you spend your long weekend. The hardworking Soldiers and civilians of the Installation Management Command and Army Hawaii should enjoy their well-deserved time off, and that means keeping safety at the forefront by looking out for your fellow Soldiers, family members and friends.

Reinforce the buddy system and actively engage others on how to mitigate any hazards, like the responsible use of alcohol and the use of fireworks, which are allowed in some places but not permitted on U.S. Army Garrison-Hawaii installations. Simple things like staying hydrated and shaded in the heat and using sunblock can make the difference between a fun weekend and a serious heat injury.

If you're going off-post, be especially mindful of avoiding the dangerous, off-limits hiking trails and beaches on Oahu.

If you're driving, be it here or on the mainland, wear your seatbelts and be mindful of any medications that might impair your reaction time. And please don't text while driving – if it is that important, just pull over to make your call. Everyone should be ready to continue the mission after the weekend.

Leaders at all levels must reinforce safety to their personnel. Today, at the start of the weekend, is a good time to discuss holiday safety at staff meetings, formations, assemblies or any gathering before folks break off.

Thank you for what you do for our country, the Army, IMCOM and the Pacific Region. Let's make this a true celebration of life, liberty and the pursuit of happiness by ensuring it is accident and incident free.

Command Sgt. Maj. Timothy Hockenberry and I wish each of you and your families a safe and happy Fourth of July and the rest of summer.


CHRISTINE T. ALTENDORE, PH.D., P.E.
Director



Photo by Spc. Marcus Fichtl, 8th Military Police Brigade, 8th Theater Sustainment Command
Palm trees silhouette the fireworks show during a past Fourth of July celebration at Schofield Barracks. Thousands of people will picnic on Weyand Field to enjoy Hawaii's biggest Independence Day celebration.

Celebrating 240 years of service, sacrifice

"Citizens by birth or choice of a common country, that country has a right to concentrate your affections. The name of American, which belongs to you, in your national capacity, must always exalt the just pride of patriotism."
- George Washington

Our Founding Fathers came together 240 years ago to proclaim a common ideal: That all Americans are created equal and they have the right to life, liberty and the pursuit of happiness. These first citizens risked treason and death to gain the freedom we enjoy today. Since then, our nation has continually called on its citizens to uphold the legacy of service and sacrifice, and

our Soldiers, civilians and families answer that call today.

As we observe our nation's 240th birthday, we ask that you remember the service and sacrifice that previous generations gave to safeguard this nation. Their extraordinary courage and commitment for the cause of freedom is a debt we repay through our service today.

On behalf of a grateful nation, we thank each one of you — the Soldiers, civilians and the families of our total Army team — for your bravery and patriotism defending this great nation and the ideals, traditions and liberties that we all enjoy.
Army Strong!



FOOTSTEPS in FAITH

Chaplains are there for all, regardless of faith

CHAPLAIN (CAPT.)

JOEL M. GIESE

25th Combat Aviation Brigade
25th Infantry Division



Giese

The title of this column is "Footsteps in Faith." What does that mean? The honest answer is that it can mean different things for different people.

For me, as a Christian, those "footsteps" belong to Jesus and that gives me peace and security knowing to whom I belong and where I am going.

However, for other people those footsteps may belong to Mohammed, Buddha, a revered ancestor, a famous scientist, the Army, a political group, etc., each providing a sense of comfort and security to that individual.

As recent events remind us, we live in an uncertain time.

There is so much anger and hatred circulating in the world right now that many people have come to fear those around them. This is not something new. In fact, as long as humanity has existed, people place themselves against one another because of jealousy or insult or ambition. People will be people, and we will do both good and bad.

President Dwight D. "Ike" Eisenhower once said that it was important for all Americans to believe in something. He said this recognizing the diversity of

America and Americans. While it can be complicated, it is this diversity that makes us so strong and successful. America is for all Americans, regardless of race or creed. It is our way as a people to hold fast to what makes us unique while embracing the uniqueness of others. This is true even when there are those who would deny us the opportunity. This diversity does not mean that we have to agree or accept as right what others say and do. However, the ability to disagree and still work together is something that America has harnessed over and over again for the benefit of all people.

What footsteps do you follow? What makes you better today than you were yesterday? What helps you to surpass those irritations that stem from jealousy or

insult or ambition or fear?

The Army has resources in place to help you, and though they are religious by design, chaplains will assist anyone who wants to answer those questions. A chaplain may be of any faith, but they serve every Soldier and family regardless of faith or belief, including those who profess no faith.

So, spend a few moments now and assess what it is that propels you forward and what fears hold you back.

Consider the footsteps that you follow and the great blessing that it is to be part of a nation that permits you to be a person of faith ... or a person who professes no faith.

(Editor's note: Giese is the chaplain for the 3rd Battalion, 25th Aviation Regiment.)

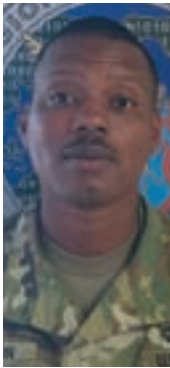
Voices of Ohana

This Independence Day marks 240 years since the founding 13 colonies formed the United States. We wondered,
"What's the best part of celebrating Independence Day?"
By Capt. Scott Wilson, 516th Signal Brigade, 311 Signal Command



"The day is a reminder of what we as Americans can achieve in the face of seemingly insurmountable odds."

Maj. Phil Cala
Bde. S-3
516th Sig. Bde.



"The barbecue, food and ice cream."

Sgt. 1st Class Kevin Pearson
RCC-P NETOPS
NCO, HHC,
516th Sig. Bde.



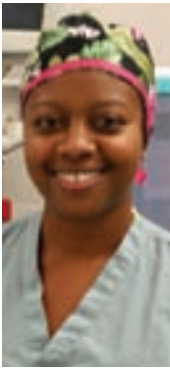
"Coming together, not only as Americans but as human beings, as we remember that the principles of liberty, freedom, and equality are always worth fighting for."

Spc. Jose Quintero Jr.
Admin clerk, HHC,
516th Sig. Bde.



"The best part of July 4 is watching the fireworks."

Kimberly Rapacz
Deputy S-3, HHC,
516th Sig. Bde.



"It represents the many opportunities afforded by this great nation to allow one the freedom to accomplish their dreams."

Yolanda Welch
operating room nurse TAMC

322nd Civil Affairs ohana welcomes new commander

CAPT. LIANA KIM
322nd Civil Affairs Brigade
Public Affairs

FORT SHAFTER FLATS — In a unique and personal ceremony, an esteemed Army Reserve commander and his family were celebrated and another welcomed at the Daniel K. Inouye U.S. Army Reserve Complex, here, June 26.

Soldiers, families and friends of the 322nd Civil Affairs Brigade bid a fond farewell to Col. Joseph Trinidad and welcomed incoming commander Col. Timothy Clemente during a relinquishment of command ceremony on the Field of Heroes, followed by a robust family-style meal in the pavilion nearby.

Brig. Gen. Stephen K. Curda, commander, 9th Mission Support Command, received the unit colors from Trinidad with congratulations for outstanding leadership and passed them in full support and confidence to Clemente.

“To the Soldiers on the field today, you look great! You truly make us the ‘Pride of the Pacific,’” Curda said, referring to the 9th MSC’s motto.

Curda recognized the recent accomplishments of the brigade, especially noting their enhanced operational relationship between the 351st CA Command, to which the unit is operationally assigned, and the 9th MSC, to which it is administratively assigned. These energized relationships drastically increased the effectiveness of Civil Affairs support of U.S. Pacific Command Theater Security Cooperation exercises.

“The 322nd is the most forward deployed Civil Affairs unit in the Pacific, it’s extremely action oriented and so am I,” Clemente said. “This is the highlight of my military career, a chance to bring years of experience to bear and use them as the Army deems fit.”

The mission of the brigade is to provide operational level commanders in the PACOM area of operations the capability to engage the civil component of the opera-



Photos by Staff Sgt. Deziree Lau, 305th Mobile Public Affairs Detachment
From left: Col. Timothy Clemente, 322nd CA Bde. incoming commander; Brig. Gen. Stephen Curda, commander, 9th MSC; and Col. Joseph Trinidad, 322nd CA Bde. outgoing commander, join in on a traditional Tahitian dance before the closing of the relinquishment of command ceremony at the USAR Daniel K. Inouye Complex parade field, June 25.

tional environment by enabling, shaping, and managing civil affairs operations in support of humanitarian assistance, disaster relief and civilian authorities.

In the past two years the 322nd CA Bde. supported more than 10 exercises throughout the region, conducted a joint deployment exercise, and operated the largest Civil-Military Operations Center in support of PACOM’s 2016 Rim of the Pacific exercise. It successfully initiat-

edrand integrated CA capabilities in support of U.S. Forces-Japan and the Japanese Self-Defense Forces.

“This unit very soon will have a battalion assigned, and with that will come more opportunities to help shape operations in the Pacific Theater,” Clemente said. “So, our efforts in the near future will be focused on supporting that new unit of Soldiers, expanding our capabilities here in the Pacific Theater.”

2nd BCT bids farewell to leader

2ND BRIGADE COMBAT TEAM
PUBLIC AFFAIRS
25th Infantry Division

SCHOFIELD BARRACKS — The 25th Infantry Division’s 2nd Brigade Combat Team held a change of command ceremony, here, June 21, to welcome a new commander and bid a fond farewell the outgoing commander.

Col. David B. Womack relinquished command to Col. Anthony Lugo as the “Warrior Brigade” Soldiers stood proudly in formation.

“Most importantly, I would like to thank the Soldiers on the parade field today,” Womack said. “Thank you for your sacrifices that you make; to the families to keep us safe and strong. We’re lucky to have a formation of world class Soldiers and the nation’s best.”

“Under the tough and caring command of Dave Womack, the Soldiers of the Warrior Brigade have created positive and lasting change in the 25th Infantry Division,” Maj. Gen. Charles Flynn, commander, 25th ID, said. “It’s because of the unit’s strong leadership. It is because

of the agile and adaptive character of your organization and because of the focused, creative, inclusive and intelligent efforts of their commander. Dave Womack’s leadership was an essential ingredient.”

Womack has served as 2nd BCT commander since July 21, 2014, and led the brigade as it conducted training exercises in New Zealand as part of Exercise Lightning Strike, and South Korea, the Philippines and Thailand during Pacific Pathways 15-01. The Warrior Brigade was the first to participate in the Army’s redesigned testing for the Expert Infantry Badge, and has continued to establish and rebuild relationships with local and surrounding communities.

As Womack passed the torch to Lugo, he passed a brigade that will be heading into its final stages of the transformation process into an infantry brigade.

“The Warrior Brigade is getting another proven warrior,” Flynn said. “We are looking forward to the leadership you will exhibit every day and take this brigade to even higher readiness levels.”



Photo by Sgt. Ian Morales, 25th Infantry Division Public Affairs
The Warrior Brigade’s incoming commander, Col. Anthony Lugo, accepts the colors from Maj. Gen. Charles Flynn, commander, 25th ID, during a change of command ceremony on Weyand Field, June 20. Lugo arrives from Afghanistan after serving as the director, Combined Joint Operations Center, Headquarters Resolute Support.



Col. Scott Kelly (right), outgoing commander, 3rd BCT, 25th ID, holds the brigade colors one last time before transferring them to the incoming commander, Col. Robert Ryan, during the brigade’s change of command ceremony at Weyand Field, June 24.

3rd BCT ‘Broncos’ conduct CoC

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, welcomed Col. Robert M. Ryan as the new brigade commander and said farewell to outgoing commander Col. Scott W. Kelly, June 24.

Ryan has held various command and staff positions in Ranger Regiment, to include being the commander of the Regimental Special Troops Battalion, 75th Ranger Regt., and joint task force commander in Afghanistan simultaneously.

“Thank you to the members of the 25th ID in attendance and those from the greater Hawaii community who are here to honor this great brigade and our Soldiers,” Ryan said.

Kelly commanded the brigade for two years as the Broncos deployed on numerous joint training exercises through-

out the Asia-Pacific region.

“To the Soldiers of the 3rd Brigade,” Kelly said. “I am deeply honored to have gotten the opportunity to serve you.”

“Our profession is demanding and not for the faint of heart,” Kelly continued. “We are the warrior class of our society and you must live up to that calling. Remember that little things matter and failure is unimaginable, so improve yourself and your unit every day. The nation relies upon you.”

He thanked the battalion commanders who served with him for the past two years.

“You all are the best collection of lieutenant colonels I have ever been around,” he said. “The excellence with which you all commanded your formations made my job easy.”

Ryan will prepare the 3rd BCT for future exercises with Singapore and Japan, while balancing efforts in Kentucky and Australia.



A Soldier ascends the confidence climb portion of an obstacle course as part of the 25th ID Lightning Academy’s Air Assault School, June 13.

Story and photos by
**AIR FORCE STAFF SGT.
CHRIS HUBENTHAL**
Defense Media Activity-Forward Center Hawaii

WHEELER ARMY AIRFIELD — A thunderous cadence of “Air Assault! Air Assault, Air Assault!” can be heard when Soldiers tackle physical and mental challenges standing between them and the earning of the Air Assault Badge. The 25th Infantry Division’s Lightning Academy is one location where Soldiers can see what it takes to become Air Assault qualified.

More than 100 Soldiers, one Airman, and one Marine charged, climbed and rappelled through 12 days of meticulous

instruction, June 13–24. The course included aircraft orientation, pathfinder operations, close combat attack, assembling and disassembling sling loads, and the basics of rappelling operations.

Sgt. Samnith Thy, Air Assault School Phase 3 instructor, explained the transformation he sees most Soldiers go through during the course.

“The students that come, they leave their comfort zone,” Thy said. “They come to our school not knowing what to expect. They leave with attention to detail; they leave with overcoming their fears. A lot of students we get are afraid of heights but then they realize to trust their peers,

they learn how to trust their equipment, and ultimately learn how to trust their instructors.”

If watched from the sidelines, observers might think that the school is a test of physical strength alone. But Staff Sgt. Raymond Fields, Air Assault School Phase 3 chief, said that there is one factor that stands above the rest when it comes to Soldiers succeeding during the school.

“Attention to detail, that’s pretty much the main key and we stress it throughout the course from beginning to end,” Fields said. “You have to understand that one minute detail might cost you a mission, it might cost you a sling load, might cost you somebody’s life, specifically dealing with rappelling operations.”

One graduate, the sole Air Force student, said he walked away from the class with knowledge and skills that will help him perform his job more effectively.

“Air Assault School is intense,” said Master Sgt. David Galindo, 25th Air Support Operations Squadron tactical air control part and operations and training flight chief. “There are a lot of physical things that are demanded of you from the school and also there’s a lot of mental things that you have to remember as far as aircraft capabilities, sequence of sling loads, and ensuring your rappelling technique is sound. As an Airman who works directly with Soldiers, I’m in a

position to help the Army at any time with close air support.”

The completion of each phase of the school placed students closer to graduation day. From learning aircraft specs to rappelling from a helicopter, the obstacles posed different challenges. Attention to detail was needed at each one.

“Professionally, it really just improved your overall discipline,” said Staff Sgt. Donald Castelow, Scout Platoon reconnaissance team leader, 1st Battalion, 27th Infantry Regiment and Air Assault School graduate. “Everything that you have to do on a day-to-day basis ... the small things are the biggest things. Small things like having your ID card, dog tags, holding a canteen a certain way, a lot of attention to detail requires a lot of discipline and to see young Soldiers, seeing leaders and everyone come together and doing it, it’s a booster for everybody and I think you learn a lot.”

Soldiers who complete the school bring an enhanced capability to the fight. “If we can sling load our howitzer or drop our infantry guys in combat, it makes us way more combat effective,” Thy said.

At the end of the three phases of Air Assault School, graduates left the Schofield Barracks Parade Field with Air Assault Badges pinned to their chests, some with a newfound sense of pride and accomplishment.



A Soldier low crawls through an obstacle during the 25th Infantry Division Lightning Academy’s Air Assault School June 13, at the East Training Range.

Americans can vote from anywhere on July 4

**FEDERAL VOTING
ASSISTANCE PROGRAM**
News Release

ALEXANDRIA, Va. — On July 4, millions of overseas citizens, service members and their families will celebrate U.S. Independence Day, all over the world.

Among the many freedoms citizens enjoy is the right to vote from wherever they are.

During this election year, Americans living away from their voting residence can easily make absentee voting part of their Fourth of July festivities with resources from the Federal Voting Assistance Program (FVAP).

“Registering and requesting a ballot is a great way for service members and overseas citizens to celebrate July 4th,” FVAP director Matt Boehmer said. “The holiday is a perfect reminder that Americans anywhere have the freedom to vote, and FVAP.gov has everything they need to do so.”

From June 27 until July 5, FVAP is observing the holiday by holding Armed Forces Voters Week and Overseas Citizens Voters Week with support from the military services and the State Department.



During the week, U.S. military installations, embassies, consulates and overseas citizens groups offer voter registration opportunities as part of holiday celebrations. The FVAP recommends voters register to vote and request an absentee ballot by Aug. 1 to ensure they can participate in the general election, Nov. 8.

The Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) protects the voting rights of the millions of U.S. citizens living overseas. About 75 percent of the 1.3 million service members are eligible to vote absentee through the process since they are stationed away from

their voting residence and polling place.

The first step for overseas citizens and service members to vote absentee is filling out and sending in a Federal Post Card Application (FPCA), the registration and ballot request form accepted by all states and territories, available at FVAP.gov. The sooner voters register and request their ballot, the greater the likelihood they can successfully vote. That’s because ballots must be sent back before individual state deadlines, which vary.

Voters can visit FVAP.gov for their state’s specific voter registration and ballot request deadlines, as well as information on completing their FPCA. Voters can fill out the form by hand or use the online assistant before they print, sign and send the FPCA to their election office.

Army Hawaii Voting Assistance
For local information, visit the Installation Voting Assistance Office at the Soldiers Support Center, Bldg. 750, Rm. 102, 673 Ayers Avenue, Schofield Barracks, or call 655-5546 or 655-1653.
Happy Independence Day, and let's vote, America!

FVAP
The Federal Voting Assistance Program is a Department of Defense organization that works to ensure service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so from anywhere in the world.
The FVAP assists voters through partnerships with the military services, Department of State, Department of Justice, election officials from the 50 states, U.S. territories and the District of Columbia. State and local governments administer U.S. elections, including those for federal offices. The program supports state and local election officials by providing absentee voting information, materials, training and guidance.
Call toll free at 1-800-438-VOTE (8683), on DSN at 425-1584, or 703-588-1584. You can also send an email to vote@fvap.gov, or visit FVAP.gov.

DHS cautions about the real cost of free, public Wi-Fi

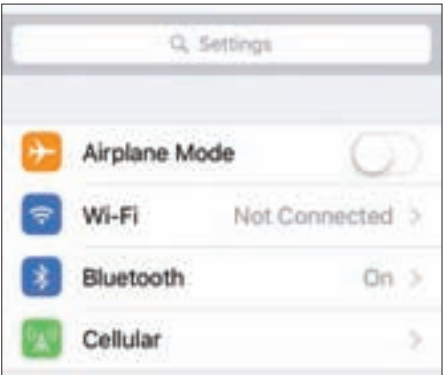
**DEPARTMENT OF
HOMELAND SECURITY**
News Release

Millions of Americans will be traveling on summer getaways. Regardless of where you’re heading on your vacation, chances are that you’ll pack mobile devices like smartphones and tablets.

Once on vacation, most travelers will connect to Wi-Fi to find local hotspots, navigate new cities and countries, and share photos of their trips with family and friends back home.

Public Wi-Fi networks can now be found almost everywhere and make it easy for anyone to connect to the Internet no matter where they are. These networks can be very convenient and offer many benefits for travelers.

However, they do come with risks. Many public Wi-Fi networks are not secure, exposing you to online risks and



presenting an opportunity for attackers to steal sensitive information.

The **Stop.Think.Connect.** campaign recommends following these simple tips, when using public Wi-Fi networks:

•**Think before you connect.** Before you connect to any public wireless hotspot – like on an airplane or in

an airport, hotel, or café – be sure to confirm the name of the network and login procedures with appropriate staff to ensure that the network is legitimate. Cyber criminals can easily create a similarly-named network hoping that users will overlook which network is the legitimate one. Additionally, most hotspots are not secure and do not encrypt the information you send over the Internet, leaving it vulnerable to online criminals.

•**Avoid conducting sensitive activities.** Avoid online shopping, banking, and sensitive work that requires passwords or credit card information while using public Wi-Fi. In addition, enable two-factor authentication on all sensitive accounts to add a second layer of security beyond just the password.

•**Use your mobile network connection.** Your own mobile network

connection, also known as your wireless hotspot, is generally more secure than using a public wireless network. Use this feature if you have it included in your mobile plan.

•**Keep software up to date.** Install updates for apps and your device’s operating system as soon as they are available. Updates include patches and other fixes to strengthen the security of the apps and devices you own. Being updated prevents criminals from taking advantage of known vulnerabilities.

Learn more
For more resources, go online and visit the Stop.Think.Connect. toolkit. To find out more information about cybersecurity while traveling, visit www.dhs.gov/stopthink-connect.

KOREAN WAR MEMORIAL CEREMONY



HONOLULU — U.S. military commanders and the Consul-General of the Republic of Korea, the Honorable Walter K. Paik, pay their respects to the service members of the Korean War during the Korean War Memorial Ceremony. The ceremony at the National Memorial Cemetery of the Pacific, June 25, marks the 66th anniversary of the start of the Korean War.

Photo by Lance Cpl. Robert Sweet, U.S. Marine Corps Forces, Pacific



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com



Today
Siren Test — The Hawaii Emergency Management Agency monthly test of the statewide outdoor siren warning system, coordinated with the test of the live audio broadcast segment of the Emergency Alert System (EAS), takes place at 11:45 a.m. The siren test is a steady one-minute tone on all sirens. The steady tone is used to alert the public to any emergency that may pose a threat to life and property. Besides natural hazards, the EAS could be used for terrorist incidents or acts of war.

Oahu residents in areas surrounding Campbell Industrial Park, Honokai Hale, Makakilo, Kapolei Regional Park, Kapolei Golf Course and the Coast Guard Station at Kalaeloa may also hear a “whooping” tone following the siren test. This whooping tone is a test of the hazardous materials siren-warning group that will be activated in the event of a HAZMAT incident.

When the siren signal is sounded in your area, tune to any local radio or television station for emergency information and instructions broadcast by emergency management agencies. Participating stations will carry a detailed explanation of what the sirens mean, as well as other related information, during the monthly test.

Tests of outdoor warning sirens and the emergency alert system are conducted simultaneously, normally on the first working day of the month, in cooperation with Hawaii’s broadcasting industry. Emergency management and disaster preparedness information is located in the front section of telephone

directories in all counties. Call 723-8960.

5 / Tuesday
RIMPAC — Adm. Scott Swift, commander, U.S. Pacific Fleet, will deliver opening remarks to announce the beginning of Rim of the Pacific 2016 during a press conference, 10 a.m., on pier S-1A, Joint Base Pearl Harbor-Hickam.

This year’s exercise includes forces from Australia, Brunei, Canada, Chile, Colombia, Denmark, France, Germany, India, Indonesia, Italy, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People’s Republic of China, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Thailand, Tonga, the United Kingdom and the United States. Visit www.cpf.navy.mil/rimpac/2016/.

8 / Friday
8th TSC CoC — Maj. Gen. Edward F. Dorman III will relinquish command of the 8th Theater Sustainment Command to Maj. Gen. Susan A. Davidson during a change of command ceremony on Hamilton Field, Schofield Barracks, 8:30 a.m., July 8. Call 438-0944.

11 / Monday
Engineers CoC — Outgoing commander Lt. Col. Christopher W. Crary, Army Corps of Engineers-Honolulu District, will be relieved by Lt. Col. James D. Hoyman at a change of command ceremony, 2 p.m., at Palm Circle, Fort Shafter. Call 835-4000.

12 / Tuesday
USACE-POD — Outgoing commander Brig. Gen. Jeffrey L. Milhorn, Army Corps of Engineers-Pacific Ocean Division, will be relieved by Col. Peter B. Andrysiak at a change of command ceremony, 10 a.m., at Palm Circle, Fort Shafter. Call 835-4715.

14 / Thursday
500th MI — Col. William “Doug” Conner assumes command of the 500th Military Intelligence Brigade from Col. Patrick J. Wempe at 10 a.m. on Weyand Field, Schofield Barracks.

18 / Monday
DIVARTY — Col. Matthew N. Stader assumes command of the Division

Artillery, 25th ID, from Col. Christopher J. Cardoni at 10 a.m. on Weyand Field, Schofield.



20 / Wednesday
ERP — Garrison personnel are invited to attend the next Employee Recognition Program luncheon from 11:30 a.m. to 2 p.m. at the Leilehua Golf Course.

21 / Thursday
Signal CoCs — Maj. Gen. Lawrence W. Brock III, 311th Signal Command (Theater), will retire after relinquishing command to Brig. Gen. Lawrence F. Thoms, currently the commander, 335th SC (T) (Provisional) in Kuwait.

27 / Wednesday



CIE — Soldiers, family members and civilians are invited to attend the Community Information Exchange meeting at the Nehelani, Schofield Barracks, from 9-10:30 a.m. to learn about what’s happening in the next 90 days. Also, ask subject matter experts your questions about services and programs.

August
4 / Thursday



25th ID — Maj. Gen. Christopher G. Cavoli assumes command of the 25th Infantry Division from Maj. Gen. Charles A. Flynn at 10 a.m. on Weyand Field, Schofield.



Editor’s Tip — For easier surfing, visit www.HawaiiArmyWeekly.com to click on links.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for up-to-date advisories.



Today
Low Bridge & Zip Lane — Lane closures on the H-1 freeway continue due to rail construction of a second balanced cantilever over the freeway near the Sears Distribution Center. Town-bound lanes will be closed, 6:30 p.m.-3:30 a.m. Big rigs and military vehicles must exercise caution, as the height clearance gradually decreases from the inside to the shoulder lane. Closures will last six to eight weeks.

Also, as of Monday, the HOV lanes on the H-1 are open an extra 30 minutes, now from 5:30 a.m.-9 a.m. The signage is being adjusted. Single motorists using the Zip lane, with the exception of motorcycles and qualified electric vehicles, is still illegal and can result in a ticket ranging between \$75-\$200. Visit <https://hidot.hawaii.gov/highways/files/2013/01/HOV-Contrflow-Fact-Sheet.pdf>.

C2F-MCF — Continuing work on the Command and Control Facility project is installing communication cables from Bldgs. 220, 118 and 103 to Bldg. A0600. Periodic roads and parking lot areas closures affected by this work are Chamberlain Road, Austin Road, Wisser Road, Pierce Street, Parks Road, Rice Street, Morton Drive, Carter Drive, Palm Circle Drive, Hyland Lane, Fort Shafter Street, roads near and around Bldgs. 223 and 252, “I” Place, Bonney Loop, Artillery Hill Road and Walker Drive. You may experience slight delays while traveling in these areas, please allow extra time. The installation work will require blocking off parking stalls around Bldgs 117, 118, 220 and 103 (mostly weekdays).

Work is expected to conclude Aug. 30.

5 / Tuesday
Carpenter Street — There will be a road closure at Carpenter Street, Schofield Barracks, between Menoher Road and McMahon Road, 8:45 a.m.-1:45 p.m., weekdays (except Wednesday) until July 12.

Palm, Richardson and Kubo — There will be intermittent road closures at Shafter’s Palm Circle Drive, and modified traffic flow at Kubo Street and the Bldg. 121 parking lot, for the installation of a new water main line. Construction will be weekdays, 7 a.m.-5:30 p.m., until Aug. 15. The construction work will occupy Palm Circle Drive near the intersection of Palm Circle and Richardson Street, Kubo Street, and the Bldg. 121 parking lot stalls adjacent to the Funston Road entrance.

The lanes and parking stalls on the east end of the Bldg. 121 parking lot entrance at Funston Road will be closed for construction until Aug. 15. The Funston Road entrance will be modified for inbound and outbound traffic.

•Palm Circle Drive will be intermittently closed weekdays, 7 a.m.-5:30 p.m. The closure will be from the intersection of Palm Circle Drive and Richardson Street to the intersection of Palm Circle Drive and Hyland Lane. While Palm Circle Drive is closed, flaggers will be posted at both ends of Kubo Street to facilitate 2-way traffic while Palm Circle Drive is closed.

•A segment of Kubo Street will be intermittently closed concurrently with Palm Circle Drive.

9 / Saturday
SB/WAAF Power Outages — A power outage will affect Shafter buildings 502, 505, 515, and the armory, 8 a.m.-3:30 p.m., for utility repairs.

Wheeler also has a scheduled outage, 7 a.m.-3 p.m., affecting housing units 502, 508, 512, 514, 516, 518, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, and 527.

13 / Wednesday
Modified Kaiona — There will be a partial road closure on Schofield’s Kaiona Avenue for utility installation. The street will only be accessible from Lyman Road, with no access from Kolekole

Avenue. The work will be performed weekdays, 8:30 a.m.-3:30 p.m., until July 20 (Weekend work only if absolutely necessary). Traffic will be detoured as necessary to any local traffic needing access to Kaiona.

23 / Saturday
Shafter Outage — Buildings 220 and 222 will be without power, 8 a.m.-3 p.m., to support lightning protection. Note: the backup generator will be disabled.

August

Schofield Power Outage — The Schofield Barracks Canby Housing Area, units 601-628, Bldgs. 692 and 660 (Dental Clinic), will have a scheduled power outage, 7:30 a.m.-4 p.m., for MEDCOM electrical upgrades.

Ongoing

Montgomery and Bennet — There is a full road closure at Shafter’s Pierce Street, between Montgomery and Bennet Drives, to repair and repave the road. The road closure should conclude July 6.

Partial Closure — Bldg. 752 has a partial parking lot closure until July 13 in order to repave the lot. It will be in effect 24/7 and accessible from Reilly Avenue or Menoher Road.

Intermittent lane closures will occur on the eastbound lane of Reily and the southbound lane of Memoher from 7 a.m.-3:30 p.m. Lanes will only be closed when contractors are working in the area.

Kolekole Flow — There is a partial road closure of Kolekole Avenue fronting the Schofield Inn for the construction of drainage improvements to the area. The westbound traffic of Kolekole will be detoured onto Trimble Road northbound until Cadet Sheridan Road, where a left turn will be taken onto Cadet Sheridan southbound until it is returned to Kolekole. This detour will be in effect until Aug. 31, weekdays, 7 a.m.- 3:30 p.m.

Wisser Road — There are intermittent road and parking lot closures at Shafter’s Wisser Road (near Richardson Theater), weekdays, 8:30 a.m.-5:30 p.m., until Sept. 2, for the installation of a new water main line.



Photo by Spc. Marcus Fichtl, 8th Military Police Brigade, 8th Theater Sustainment Command
Palm trees silhouette the fireworks show during a past Independence Day celebration at Schofield Barrack’s Weyand Field. The annual event is open to thousands of DoD cardholders, with games, rides, food and entertainment.

DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION
Compiled News Release

SCHOFIELD BARRACKS — Celebrate the birth of the United States with two days of rides, festive food and free music during the 2016 Fourth of July Spectacular. Find the fun at Weyand Field and surrounding areas with help from U.S. Army Garrison-Hawaii personnel and Directorate of Family and Morale, Welfare and Recreation staff.

After enjoying the festivities during the day, relax at night to watch one of the biggest fireworks displays on Oahu during the evening of July 4.

Safety guidelines

This weekend’s events are open to Department of Defense ID cardholders and their guests. This includes military members, their families, military retirees, DoD civilian employees and their authorized guests. Personnel will be conducting a 100 percent ID card check at the installation gates.

The following guidelines must also be observed during the weekend events held at Weyand Field and its surrounding areas:

- All coolers/backpacks/bags are subject to inspection while on Schofield Barracks.
- No pets.
- Beer only. No distilled spirits or liquor such as whiskey, rum, vodka and tequila.
- Plastic cups and cans only. No glass containers.
- All personal fireworks are prohibited, including sparklers.
- Open flame or charcoal cooking is not permitted. This does not apply to the reserved picnic areas.
- Canopies are allowed on the field until 3 p.m. When the entertainment begins, please lower your umbrellas and canopies so others behind you can see the stage and enjoy the entertainment.

JULY 3 SCHEDULE:

Desiderio Field
Cornhole Tournament (Noon-3p.m.)
(Registration is at 10:30 a.m.)
Pony Rides (10 a.m.-6:30 p.m.)
Petting Zoo (10 a.m.-6:30 p.m.)
Mechanical Bull Riding & Jump Game (10 a.m.-8 p.m.)

Weyand Field
Information booth/ATM/Lost & Found (Noon)
Sponsor Tent (Noon-6:30 p.m.)
Food Booths (Noon-6:30 pm)

Richardson Pool Open (10 a.m.-5 p.m.)

JULY 4 SCHEDULE:

FIREWORKS SHOW (8:30 p.m.) (Fireworks will be launched from the Schofield Barracks Commissary parking lot.)

Desiderio Field
Pony Rides & Petting Zoo (10 a.m.-6:30 pm)
Game Booths (10 a.m.-7 p.m.)
Mechanical Bull Riding & Jump Game (10 a.m.-8 p.m.)
Caricature & Face Painting (10 a.m.-8 p.m.)
Balloon Twister (10 a.m.-8 p.m.)
Water Zorb (10 a.m.-8 p.m.)
Food Booths (10 a.m.-9 p.m.)

Weyand Field
Information booth/Sponsor Tent (10 a.m.)
ATM/Lost & Found (10 a.m.)
Food Booths (10 a.m.-9 p.m.)
Cornhole Finals (Noon)

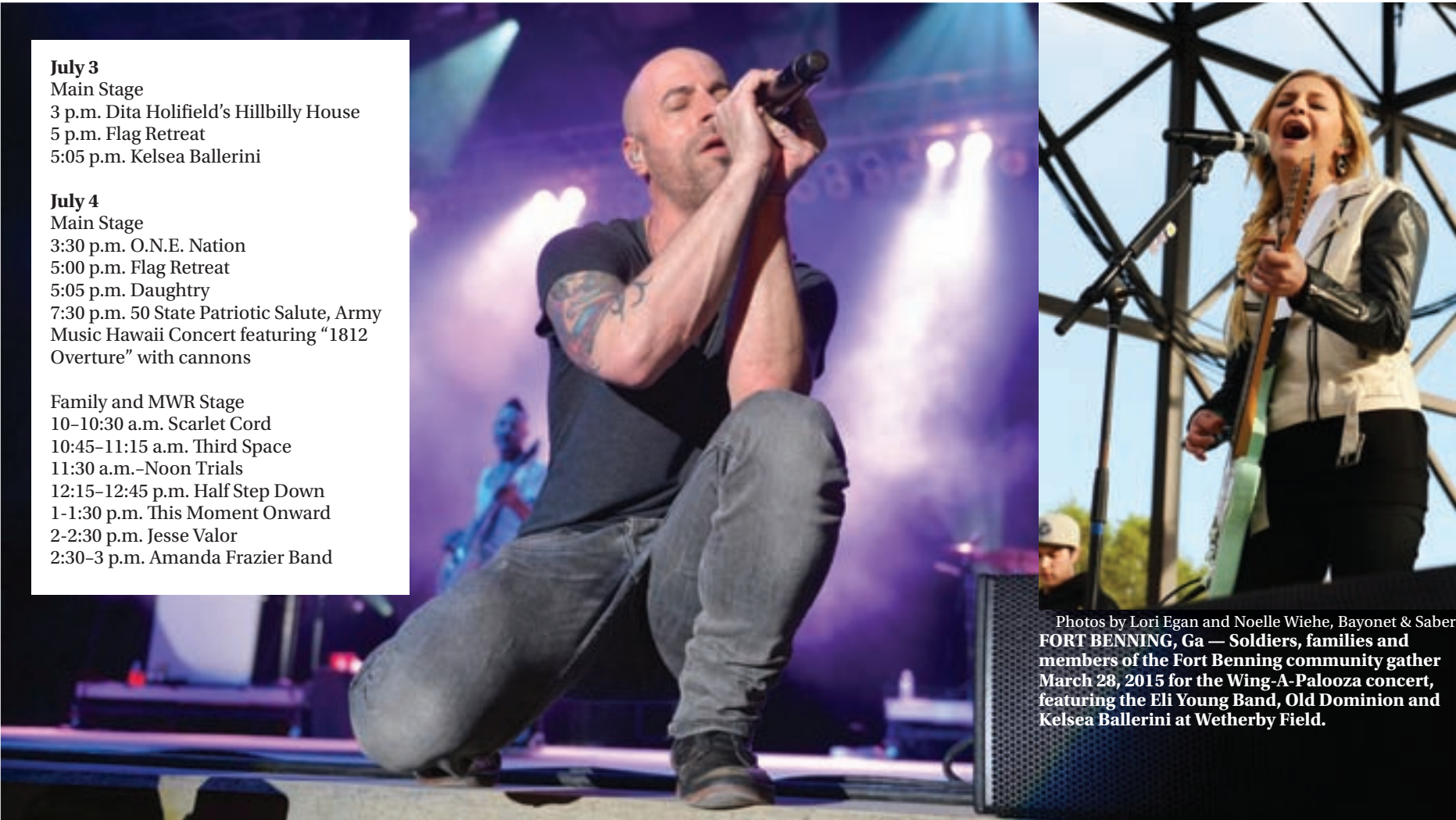
Sills Field & Tennis Court Parking Lot
Rides Midway (10 a.m.-8 p.m.)
Climbing Wall (10 a.m.-7:30 p.m.)
Carriage Rides (11:30 a.m.-7 p.m.)

Richardson Pool Open (10 a.m.-3 p.m.)
Schofield Barracks Commissary (Closed)
Flagview Mall stores (Closed)

Pool Parking Lot Activities:
Crafts and New Products Bazaar (10 a.m.-6 p.m.)
Video Gamer Trailer (10 a.m.-6 p.m.)
Archery 4-All (10 a.m.-6 p.m.)



Photos courtesy of Family, Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii



July 3
Main Stage
3 p.m. Dita Holifield’s Hillbilly House
5 p.m. Flag Retreat
5:05 p.m. Kelsea Ballerini

July 4
Main Stage
3:30 p.m. O.N.E. Nation
5:00 p.m. Flag Retreat
5:05 p.m. Daughtry
7:30 p.m. 50 State Patriotic Salute, Army Music Hawaii Concert featuring “1812 Overture” with cannons

Family and MWR Stage
10–10:30 a.m. Scarlet Cord
10:45–11:15 a.m. Third Space
11:30 a.m.–Noon Trials
12:15–12:45 p.m. Half Step Down
1–1:30 p.m. This Moment Onward
2–2:30 p.m. Jesse Valor
2:30–3 p.m. Amanda Frazier Band



Photos by Lori Egan and Noelle Wiehe, Bayonet & Saber
FORT BENNING, Ga — Soldiers, families and members of the Fort Benning community gather March 28, 2015 for the Wing-A-Palooza concert, featuring the Eli Young Band, Old Dominion and Kelsea Ballerini at Wetherby Field.

Photo by Danielle Davis

FORT BENNING, Ga. — Rock band Daughtry closed the free concert hosted by the Fort Benning Directorate of Family and Morale, Welfare and Recreation May 7 at Wetherby Field. Daughtry performs at Schofield Barracks, July 4.



Briefs
Today
Grill your Own Steak Night — Join us for Grill your Own Steak Night at the Hale Ikena at Fort Shafter, 3-8 p.m. Dine at Bldg. 711, Morton Dr. For more information, call 438-1974.

Friday with Friends — This support group meeting is a peer-support gathering for surviving family members of fallen Soldiers. We meet every first Friday of the month from 9 a.m.-1 p.m. at Schofield Barracks, ACS Bldg. 2091. Call 655-4ACS for more information or to register.

2 / Saturday
Texas Hold'em Poker — Come show us your best poker face. Sign-ins are taken from 6-7 p.m. Games start at 7 p.m. A minimum of 20 people is needed to play. First place winner earns \$75, second place \$50 and third place wins a \$25 exchange gift card. For more information, call or visit Tropics Recreation Center, 1470 Foote Avenue, Bldg. 589. Call 655-5698.

3 / Sunday
2016 45th Annual Fourth of July Spectacular — Join us for rides, games, food, free concerts, giveaways and the annual fireworks display at Weyand Field. Enjoy two days of fun, as the field will open July 3 at noon. Kelsea Ballerini will perform at 5:15 p.m. Activities will be available in several places July 4, including Weyand Field and Desiderio Field, starting at 10 a.m. Daughtry takes the stage at 5:05 p.m. and fireworks will begin at 8:30 p.m. at Weyand Field, Schofield Barracks. For more information, call 655-0002.

5 / Tuesday
FRG Leader Classes — Learn more about assisting the Soldier/Family Readiness Group and how to effectively run the organization. The talk will deal with the challenges the FRG may encounter throughout the cycles of deployment. Meet from 9-11 a.m. at Nehelani



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Kolekole Trail Open — The trail will be open for hiking July 2-July 4. The trail should only be accessed during announced open times, when live-fire training is not being conducted. No parking is allowed on the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. For additional safety information about using the trail see <https://www.garrison.hawaii.army.mil/faq/#Kolekole>.

Free evening concert at Hale Koa Hotel — Relax for a free public evening concert, July 1 from 5-6:15 p.m., by the U.S. Pacific Fleet Band's "Pipeline" and the Royal Australian Navy Band. "Pipeline" will be under the leadership of Petty Officer 2nd Class Ray Laffoon and together with the RAN Band will present a musical tribute to our military members, their families and the community, in appreciation of the sacrifices and contributions of so many. For more information check the PACFLT Facebook, or



Conference and Banquet Center. Please call 655-4ACS for more information or to register.

Anger and Conflict Solutions — Join in this talk to understand the basics of anger awareness. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations. Class runs from noon to 1 p.m. at Schofield Barracks ACS Bldg. 2091. Please call 655-4ACS for more information or to register.

Volunteer Management Information System (VMIS) 101 Orientation — Learn how to use VMIS to get involved in your military community and keep track of your volunteer service record. This class will assist volunteers in registering for a VMIS account, search for volunteer positions and more. The orientation 1:30-2:30 p.m. Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

Magic Science: Sounds Like Science — Join Fort Shafter Library for free summertime activities. This time it's "Magic Science!" starting at 3:30 p.m. 181 Chapple Road, Bldg 650, Fort Shafter. For more information, call 438-9521.

PS4 Tournament: Mortal Kombat — Do you have game? Come out to Tropics and prove

it. Join us every Sunday to play Mortal Kombat. Sign-up begins at 11 a.m. with games starting at noon. No participation fee. Players may win one of several prizes: first place: \$25, second place: \$15 and third place receives a \$10 exchange gift card. The tournament runs every Sunday in July 5. Check out the next times July 12, 19 and 26. For more information, call 655-5698 or visit: Tropics, Foote Avenue, Bldg. 589.

6 / Wednesday
Magic Science: Radical Reactions — The Sgt. Yano Library hosts a variety of free family-friendly activities during the summer. See "Magic Science!" at 3 p.m., 1565 Kolekole Avenue, Bldg 560, Schofield Barracks. For more information, 655-8002.

Leilehua High School Information Session — The Army School Liaison Office is hosting an Information Session for military families to become familiar with Leilehua High School. Gain valuable information on Leilehua High School's program, activities and accolades. This is an opportunity to have your questions answered and concerns addressed. There will also be an opportunity to tour the facilities. The session runs 3-5 p.m. at Leilehua High School, 1515 California Ave. in

Wahiawa. For more information please call 655-8326.

Organization Point of Contact (OPOC) VMIS Management class — Sign up for this required training course for anyone who's been appointed as their organization's point of contact for the Volunteer Management Information System. The OPOCs will learn about regulations surrounding Army volunteers as well as how to use VMIS to post volunteer positions, accept volunteer applications, manage organization volunteers and certify volunteer hours. 10-11:30 a.m. Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

Resume Lab — This lab is reserved for job seekers who have attended an Employment Readiness Program (ERP) Resume Workshop or need to update an existing resume. Our staff will be available to provide hands-on resume assistance. You are encouraged to bring a personal computer. Access to Wi-Fi and a limited selection of computers will be available. The lab runs from 9 a.m.-noon at Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

FRG Funds Custodian class — This seminar is designed for FRG leaders, funds custodians and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. It also clearly defines the roles and responsibilities of the funds custodian and alternate. The talk runs from 9 to 11 a.m. at the Nehelani. Call 655-4ACS for more information or to register.

6 / July
SAFER Group (For Women Only) Meeting — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning, and understanding abuse. Meet up from 9-10:15 a.m. at Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

7 / July
1-2-3 Magic parenting seminar — This three-week series breaks down the task of parenting into three straightforward jobs with humor, insight and proven success. This week's installment runs from noon-1:30 p.m. at Schofield Barracks ACS Bldg. 2091. Call 655-4ACS.

Defense-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It's open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Honolulu City Arts and Culture — Learn about current and upcoming free events sponsored by the mayor's office at www.honolulu.gov/moca/moca-calendar.html. Free events include the Kuhio Beach Hula Show. The show is sponsored by the City and County of Honolulu, showcasing culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

Jewish Services — Weekly worship services are held at 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH. Saturday services are available at the Ala Moana Hotel. Call 735-8161.

contact at 474-3693 and ops. pacfltband@navy.mil.

First Friday in Downtown Honolulu — Every first Friday of the month the art galleries in Chinatown and Downtown Honolulu stay open later from 5-9 p.m. Also check out the free live music as well as boutiques and restaurants open late. For a detailed listing of events, see www.firstfridayhawaii.com.

3 / Sunday
2016 Fourth of July Spectacular — Enjoy the food, rides, games and music for two days celebrating Independence Day. For details, see B-1 and the above FMWR briefs.

Hawaii Sea Grant Movie and Lecture Series — Learn about sea life from researchers and vivid documentaries during their free Sundays at the Bay series. This Sunday the film "The Blue Planet - Seas of Life - Open Ocean" will be screened. The movie is 48 minutes long. Public parking is \$1 per vehicle. Admittance to the lecture presentation will begin at 2:45 p.m. outside the entrance to the Education Center by the benches. Those who are attending the

lecture presentation only will bypass the admission window. Please do not arrive earlier than 2:45 p.m. if only attending the lecture. The lecture will begin promptly at 3 p.m.

Anyone who wishes to go to the beach before the lecture will be processed through the regular admission line and shall pay the admission fee of \$7.50 if you are not a Hawaii resident.

6 / Wednesday
Free Royal Hawaiian Band concert — Originally formed in 1836 to play for the Hawaii's royal family, the band still performs today thanks to the City and County of Honolulu. The band performs at Ala Moana Shopping Center at 11 a.m. for free. Check to see when they play at the historic bandstand at Iolani Palace and in other venues at their website at www.rhb-music.com.

Ongoing

Naval Air Museum — This nonprofit museum, located in Bldg. 1792, Midway Road, Kalaeloa Airport, Kapolei, focuses on the history of aviation in Hawaii. Cost is \$7, adults, and \$5, keiki, under 18. Visit www.nambp.org or call 682-3982.

Online Academic Support — Tutor.com is a Department of

Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks
SKIES: Schools of Knowledge,



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m. at FD
• Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at TAMC, WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
• Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship
• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
• Friday, 1 p.m. at MPC Annex
• Friday, 2:30 p.m., TAMC
• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH

Pagan (Wicca)
• Friday, 7 p.m. at Wheeler Annex

Protestant Worship
• Sunday Services
- 9 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 10 a.m. at WAAF



The Nice Guys (R)

Friday, July 1, 7 p.m.



Alice Through The Looking Glass (PG-13)

Saturday, July 2, 4 p.m.

Angry Birds (PG)

Saturday, July 2, 7 p.m.

Captain America: Civil War (PG-13)

Sunday, July 3, 5 p.m.

(Closed Monday, Tuesday, Wednesday and Thursday)

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

Kama‘aina swimmer wins big at Warrior Games

Story and photo by
MASTER SGT. D. KEITH JOHNSON
316th Sustainment Command (Expeditionary)
Public Affairs

WEST POINT, N.Y. — In the ‘One Army’ concept, the reserve components play an important role in a successful Army. The 2016 Department of Defense Warrior Games is no different.

Four U.S. Army Reserve Soldiers earned seven gold medals, five silver medals and eight bronze medals for Team Army at the Warrior Games held at the U.S. Military Academy at West Point, N.Y. One of those medalists is Army Reserve Sgt. Kawaiola Nahale with the 311th Signal Command (Theater).

The DoD Warrior Games, a weeklong competition, which ended June 21, is an adaptive reconditioning, sports competition for wounded, ill and injured service members and veterans. Approximately 250 athletes representing teams from the Army, Marine Corps, Navy, Air Force, Special Operations Command and the United Kingdom Armed Forces competed. The recovering athletes competed in archery, cycling, track, field, shooting, sitting volleyball, swimming, and wheelchair basketball.

The Warrior Games is the pinnacle event of the competition component of the Warrior Care and Transition Program. Wounded, ill and injured Soldiers and veterans recovering at Warrior Transition Units across the country incorporate adaptive reconditioning into their personalized recovery plans, connecting physical activity with each component of rehabilitation: physical, emotional, spiritual, social, family and career. Adaptive reconditioning activities are linked to a variety of benefits including reduced stress and dependency on medication, increased mobility and higher achievement in education and employment.

Army Reserve Sgt. Kawaiola Nahale is a financial management technician with the 311th. She has nine years of service as a reservist, competing this year in the swimming and cycling events of the 2016 Warrior Games.

The Honolulu native learned to swim at an early age and was swimming competitively at age 6. In 2013, she was diagnosed with breast cancer. She underwent three surgeries and credits the Warrior Transition Unit at Fort Shafter with helping her focus on getting better. At the WTU, she was introduced to adaptive reconditioning sports, which further helped her healing, including swimming.

“The water is my healing place,” she said. “After all of my surgeries and restrictions, being in the water was my place of peace.”

She had never heard of the Warrior Games before



Sgt. Kawaiola Nahale swims laps during training for the 2016 DoD Warrior Games being held at the U.S. Military Academy at West Point, N.Y., June 9. Nahale is a financial management technician with the Army Reserve’s 311th SC (T) based at Fort Shafter. The DoD Warrior Games, June 15-21, is an adaptive sports competition for wounded, ill and injured service members and veterans. Teams from the Army, Marine Corps, Navy, Air Force, Special Operations Command and the U.K. armed forces compete in archery, cycling, track, field, shooting, sitting volleyball, swimming, and wheelchair basketball.

she got into the WTU.

“One of the site coordinators came to me and said, ‘There is this thing called the Warrior Games and you’d be a perfect fit for it,’” Nahale said.

The Pacific Command Wounded Warrior Trials were conducted between six to seven months after her surgeries.

“I didn’t think I wasn’t going to be able to make it, but I made it,” she said. “I made the trials!”

Nahale competed in her first Warrior Games in 2014, competing in the swimming event. In 2015, some fellow athletes were able to convince her to get back on a bicycle for the first time in 16 years.

“I had been in an accident at 19 and hadn’t been back on a bike,” Nahale said.

Her first race was with Team Army during the 2015 Warrior Games at Marine Corps Base Quantico.

Adaptive reconditioning is helping her work toward fulfilling her goal of one day being a drill sergeant in the Army Reserve. She also has long-term goals concerning her military career.

“I’d like to retire from the Army Reserve as a command sergeant major after 30 years of service,” Nahale said.

With her hard training, Nahale earned one gold medal and four silver medals in swimming.

“I enjoy being able to represent Team Army because I am proud to serve my country,” she said.



Photo by Pfc. Tianna S. Wilson, 55th Combat Camera

Nahale is awarded a silver medal for the women’s 50-yard freestyle swimming category, in the Eisenhower Theater at the U.S. Military Academy at West Point, N.Y., June 21. Nahale, a breast cancer survivor, took part in the Warrior Game trials about half a year after her surgeries.


Reconstructing Patriotism

Back in 1976, it was our country’s bicentennial, and I was in the fourth grade. At East Pike Elementary, Ms. Degatano’s class was picked to re-enact life in 1776. For five months until school let out for summer, we wore bonnets and three-cornered hats, churned butter, sewed our own flags, ran a general store, and did our classwork by candlelight. Not only was it an excellent way to learn our nation’s history, it was really cool.

When Independence Day rolled around, copious hot dogs were grilled, watermelon sliced and cobs of corn boiled as friends and family gathered in honor of this exceptional national birthday. With bellies full of barbecue, we bent our faces upward to see what our forefathers saw in The Revolutionary War-torn sky two centuries ago. We “ooooed” and “aaahhhed” as the fireworks imitated “the rockets red glare, the bombs bursting in air,” and we took it for granted that Americans are special.

But nowadays, thanks to the complex quagmire of extremes in modern society, the mere act of being patriotic has become a political statement subject to judgment, debate and controversy.

Webster’s Dictionary defines “patriotism” simply as “love for or devotion to one’s country.” But the complicated gridlock of ideas regarding politics, economics, religion, domestic issues, gender roles and sexual norms has politicized national pride.



*The Meat
and
Potatoes of
Life*

**Lisa Smith
Molinari**

A person can no longer identify as “patriotic” without suggesting that he or she might also be pro-life, pro-gun, pro-war, anti-gay, anti-amnesty or racist. How did patriotism become bogged down with so much extra baggage?

Terrorist attacks have become a regular part of our 24/7 news stream. Rather than banding together the way Americans did after 9/11, public discourse degrades into bitter debates over gun control, administrative failures, race and religion. The “new normal” for political campaigns includes tabloid-like press coverage, bitter personal attacks, Twitter wars and

violent protests. Extreme divisiveness has the public defensively poised, ready to pit black against white, gay against straight, atheist against believer, male against female, choice against life, and animal against human in an all-out fight for who has rights.

In recent years, scholars, pundits and pop stars have pontificated over whether patriotism is the quiet and unpretentious love of the best ideals of one’s homeland, or ferocious blind faith jingoistic nationalism that incites excessive military action. More can be found at www.thenation.com/article/what-patriotism and www.cbnews.com/news/how-do-you-define-patriotism/.

Every year around this time, new polls on patriotism ask questions such as: “Would you describe yourself as patriotic?” “Do you feel this country has gotten off track?” “Are you proud to be an American?” “Do you think the United States has a unique character that makes it the greatest country in the world?” Each statistic is broken down by gender, race, age and political party, so that inferences can further separate individual groups. Full figures are listed at www.aei.org/publication/aei-public-opinion-study-polls-on-patriotism/.

Despite the attempts to deconstruct patriotism, the intangible notion of “The American Spirit” remains intact, having transcended current governments and political parties. Ever since our forefathers signed the Declaration of Independence back in 1776, America has been a truly unique melting pot of democratic values, personal liberties, military superiority, industrial and scientific advancements, and humanitarian responsibility.

As a military family, we have daily reminders of how fortunate we are to be Americans. Every morning, we pause reverently to face one of the many flags flown on base, hands over hearts, to hear “The Star Spangled Banner.” The phrase “United States” is in the job title of every military serviceperson. War monuments and memorials on base remind us of those who fought and paid the ultimate price for our democracy and freedom. For us, patriotism is a lifestyle.

But average Americans caught up in the complications of the 21st century may need to be reminded that patriotism is not a political statement — it is an expression of our undying American spirit.

This Fourth of July, keep it simple. Wear red, white and blue. Fire up the barbecue. Fly the flag. Raise your face to the night sky. Wipe away the tangled web of rhetoric and divisiveness, and remember what it means to be free.

(Visit www.themeatandpotatoesoflife.com.)

Exchange expands layaway to electronics

ARMY & AIR FORCE EXCHANGE
SERVICE PUBLIC AFFAIRS

News Release

The Army & Air Force Exchange Service is helping military students head to the top of the class by extending its layaway program to computers and tablets.

From July 1 to Aug. 31, just in time for back-to-school season, The Exchange shoppers can use layaway to put a hold on computers, notebooks and tablets. These electronic items are not typically eligible for the program.

“Having up-to-date technology can be vital to succeeding in the classroom, and The Exchange is making it easier for military families to manage expenses to get the tools students need to succeed,”



said Hawaii branch General Manager Robert Rice. “The extended layaway program helps parents and students stick to their back-to-school budgets.”

A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at the Schofield Barracks main store or Hickam main store for complete details.

The Army & Air Force Exchange

Service goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and services provided. Exchange earnings provide dividends to support military morale, welfare and recreation programs. The Exchange is part of the Department of Defense and is directed by a Board of Directors, responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff.

To find out more about the Exchange history and mission or to view recent press releases please visit our website at www.aafes.com/about-exchange/public-affairs/press-releases.htm or follow us on Twitter at <https://twitter.com/ExchangePAO>.

Fight assaults, harasssment with SHARP training

ARMY G-1
News Release

The Headquarters, Department of the Army’s Executive Order on Sexual Harassment and Assault Readiness effort will aid leadership efforts to eliminate sexual harasssment and sexual assault occurrence by capitalizing on effective pre-ventative practices. The SHARP EXORD provides a framework for commands to tailor their prevention efforts to their specific unit conditions and environments.

What is it?
The U.S. Army’s Sexual Harassment/ Assault Response and Prevention (SHARP) program exists to help prevent sexual harassment and sexual assaults before they occur. The Army’s goal is to eliminate sexual assaults and sexual harassment by creating a climate that respects the dignity of every member of the Army family.



What has the Army done?
All Army commands, Reserve and National Guard commanders have been directed by the Chief of Staff of the Army to implement active prevention measures to reduce the prevalence of sexual harassment, sexual assault and retaliation. This is done through innovations addressing key vulnerabilities such as Soldier transition and alcohol use. Commanders and leaders will identify program weaknesses, develop mitigation action plans, empower and educate

leaders, and modify programs as necessary. Moreover, sharing best practices among commands will be critical to success.

What continued efforts does the Army have planned for the future?
The SHARP EXORD will be accomplished in three phases over a period of 15 months.
•*Phase 1 (Until Sept. 30):* Commands shall assess their levels of effectiveness in the prevention of sexual harassment, sexual assault and retaliation. Commands will identify vulnerabilities in their organizations and then develop mitigation action plans to counter those vulnerabilities.
•*Phase 2 (Oct. 1 to Dec. 8):* Commands will monitor effectiveness and share best practices. This phase begins once the subordinate commander has received CSA concurrence and begins executing

their mitigation action plan.
•*Phase 3 (Dec. 9 to Sept. 30, 2017):* Commands will assess and revise mitigation action plans as necessary. This phase begins after the completion of the Army Profession Forum and ends with an annual assessment of the SHARP program.

Why is this important to the Army?
Sexual harassment and sexual assault are inconsistent with Army Values. These incidents in the ranks erode organizational trust and degrade unit integrity and decrease Army readiness. These are an internal threat that erodes good order and discipline, unit cohesion, and trust within the units. Reducing sexual assault incidents, as well as building cohesive teams where everyone is treated with dignity and respect, will help to enhance the readiness in the Army.

UH Rainbow Warriors learn leadership with 25th ID

Story and photos by
STAFF SGT. TRAMEL GARRETT
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The day began with 25th Infantry Division Soldiers performing the ha’a, the Hawaiian dance of the warrior, to welcome the University of Hawaii Rainbow Warrior football team to Schofield Barracks for a day of adaptive leadership training, June 25.

The UH players respectfully responded with a thunderous haka, a traditional war cry dance from New Zealand.

“I did it with my full heart,” said Makani Kema-Kaleiwahea, a Rainbow Warrior defensive end. “I totally felt (it) and respect them for what they did for us.”

The football players participated in multiple team building exercises with assistance from Tropic Lightning Soldiers. This wasn’t just the usual physically demanding training but also very complex mentally.

“Our guys woke up thinking we were going to take them to boot camp, and they were betting on how many pushups they were going to do today,” said Nick Rolovich, UH head coach. “This was to challenge their mind, adaptive learning and leadership.”

Rolovich had a conversation with Trey Johnson, a retired Army colonel, to develop the idea in hopes to build the players belief in each other. Johnson coordinated this event and believed that working with the 25th ID would help the football team.

“I feel privileged because the Army is the greatest team in the world,” said Gen. Robert Brown, commander, U.S. Army Pacific. “(This was an) opportunity to show these guys what the Army does, how we form teams and build on that great legacy.”

The athletes took quick classes from the 25th ID Lightning Academy Adaptive Leaders Program, forcing them to think about every aspect of a decision.

“Leadership is leadership, whether it’s on the battlefield or football field,” Brown said. “I was thrilled. I said if (Rolovich)



Tropic Lightning Soldiers perform the ha’a, the Hawaiian “dance of the warrior,” to welcome the UH Rainbow Warrior football team to Schofield Barracks, June 25, for a day of adaptive leadership training.

wants to do this then we are going to have a great team.”

The classes made a point to establish that communication is the key and understanding adaptability would make the team better and cohesive.

“In the Army we have to be a cohesive team of professionals,” Brown said. “We have a complex world, and you don’t know what you are going to face. We work on it every day in the Army, building great teams of trusted professionals who are cohesive and can do whatever our nation asks.”

Rolovich said he and his team were grateful for working with the Soldiers and appreciate the connection.

“I hope that this partnership with UH football and UH in general can blossom,” the coach said. “We are on this island together, and there’s a mutual respect and we are very excited about that.”



UH Rainbow Warriors work together to get across an obstacle, June 25, at the Leadership Reaction Course on Schofield Barracks, Hawaii.

Tripler hosts prenatal care group for mothers

Story and photo by
WILLIAM SALLETT
Tripler Army Medical Center

HONOLULU — For pregnant women needing the right guidance so they don’t feel they’ve left anything out, Tripler Army Medical Center has its Centering Pregnancy Program.

The program offers prenatal care in small groups of eight to 12 women who are all going through pregnancy. The Centering Pregnancy Program covers regular health check-ups with additional time for learning and sharing. Tripler began the program in May 2014, and the first group delivered their babies in October 2014.

“I believe this program is the best way for low-risk moms to get prenatal care,” said Christine Host, TAMC Centering Pregnancy coordinator. “Information is not hard to access in this digital age, but putting it together in a way that makes sense to the patient and her family is the challenge. What are reliable online sources? What does that information mean to the patient? Do they understand the information and feel understood? Do they have realistic expectations? Our goal is to help patients and families understand the information and make informed decisions.”

The program starts after the mother’s first trimester and moms-to-be meet with a health care provider and other women who are due around the same time. The group meets for about 10 sessions throughout the pregnancy and everyone has the opportunity to ask their questions, share advice and experiences.

The program can be a way for patients to learn and experience their pregnancy with other pregnant women. Each session is two hours long, in the presence of a health care expert. This allows for time to answer any questions that the patients may have. Expecting mothers can also participate in interactive learning that will let them experience their pregnancy in a new and rewarding way through discussions instead of lectures.

“I love to see friendships grow, to see parents grow, and to see patients meeting each other’s needs for support and information,” Host said. “Most patients express that they really like meeting other moms, and many times they end up creating a great support structure within the group itself.”

For most pregnant women, there are routine check-ups done throughout the pregnancy. Traditional check-ups are done in a clinic with the patient’s primary care manager and not in a group setting with other moms who are preparing to go through the same experience.

“The best thing for me is the time we spent asking and answering the questions that are rarely covered in a 15-minute check-up,” said Anna Saenz, a Centering patient. “It’s nice to be able to get together with other soon to be moms and discuss things that other moms may not have thought about yet. This is my second child, but my first time going through the program and I still learn something new with every session.”

This group is not only for the mothers-to-be. Spouses, partners or other support people are encouraged to join in order to support and be a part of this experience.

“This program was extremely helpful in that it got me ready for everything once it was time for her to give



Six Tripler Centering Pregnancy Program patients pose for a picture with their newborns during a reunion.

birth,” said Sgt. Jeffrey Spencer, 715th Military Intelligence Battalion and who joined with other parents supporting expecting mothers. “It was nice having other dads in the group as well. It gave us an opportunity to understand more and prepare with our spouses.”

TAMC’s Centering Pregnancy Program

The Centering Pregnancy Program addresses concerns that are important to patients, but not always at the top of the list for healthcare providers, in a 15-minute check-up. Parents and loved ones learn about parenting, building a support network, relaxation and stress management.

Guidelines to sign-up

One to two groups are started each month. Centering is appropriate for low-risk moms who meet certain criteria and at the discretion of the provider facilitator. Enrollment in the program occurs after the obstetrician physical exam appointment and prior to 24 weeks gestation. Attendance is expected at all sessions after enrollment. One support person is allowed per patient due to space restrictions, and it should be the same person for all sessions.

Talk to your healthcare provider if you are interested in this program, or call the Centering Pregnancy Program Coordinator at 433-4593.

TAMC TIP Protect against sun damage

WILLIAM SALLETT
Tripler Army Medical Center
Public Affairs Office

Anytime you are outside, you are in danger from the sun’s ultraviolet rays. However, too much exposure to UV rays can cause sunburn, when the radiation literally burns your skin and causes it to age prematurely.



Photo courtesy of Centers for Disease Control

- Along with being painful, sunburn can have long-term consequences. The UV rays can reflect off a variety of surfaces like water, sand and pavement. The rays cause havoc year-round.
- It is important to safeguard against the sun’s harmful rays to protect yourself and your skin, the largest organ in your body. To protect yourself, follow these “sunshine” tips:
- S**unscreen. Always wear sunscreen.
 - U**se sunscreen correctly. Apply and reapply.
 - N**o expired sunscreen.
 - S**unglasses. Wear 100 percent UVA/UVB protection sunglasses.
 - H**ave (and wear) protective clothing.
 - I**nside. Avoid being outside during peak UV hours from 10 a.m. to 4 p.m.
 - N**o tanning beds.
 - E**xamine your skin.